

# EXTENSION TRENDS: IDAHO COUNTY

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## 2021 By the Numbers

- **4,589** direct contacts
- **1,314** youth participants
- **128** volunteers
- **5,680** volunteer hours
- **\$1,600** extramural funding

## Our Advisory Council

Special thanks to our volunteers who help shape programming and inform the work we do for UI Extension in Idaho County: Katrena Hauger, Andrea Solberg, Dustin Elliot, Eve McColloch, Lance McColloch, Kristi Brooks, Teri Wassmuth, Mary Charley, Heather Kestner, Leslie McIntire, Tammy Nail and Sarah Walters.

## UI Extension Educator



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## 2021 Impact

Educator Kirstin Jensen collaborated with Partnership for Community Health to offer Walk the Prairie & Beyond – HD, a community walking program offered through Facebook. She also developed and presented educational videos for the challenge and provided weekly feedback.

Jensen partnered with another UI Extension educator to offer two Mental Health First Aid (MHFA) courses and certified 22 participants. MHFA teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. Evidence demonstrates that the program helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Jensen also planned and conducted events for PICH Extreme Adventure Club to 142 participants.

UI Extension, Idaho County and UI Extension, Lewis County offered Idaho Master Gardener training in Grangeville in 2021. This new group of 10 volunteers is very enthusiastic about gardening and has great ideas. Classes were held each week on different topics including landscaping, soils, fruit trees, plant disease and insect management.

A training course on water bath and pressure canning was offered in partnership with the Grangevill Elks Lodge to 49 community members. The Elks received a grant to purchase canning supplies and the class taught basic canning techniques, pressure canning safety, the importance of acids in canning, calculating appropriate and safe cooking time intervals for different foods and food safety. Each participant canned their own jar of apples and carrots.

## 4-H in Idaho County

Idaho County is a large and geographically diverse area with seven communities spread throughout the rural county in different time zones. This presents unique issues when planning 4-H events. There are 17 organized 4-H clubs with at least one club in each of the communities. Over 400 youth participated in clubs and activities in 2021 with over 90 adult volunteers leading the way.

The 4-H program has two teen leadership development groups. The 4-H Ambassador program is for teens in 9th-12th grade. Ten teens are selected each fall to participate in monthly meetings designed to develop leadership, public speaking and organizational skills. 4-H M.O.D. Squad (Members of Distinction) is for teens in 7th-8th grade. This group meets three times during the 4-H year and is designed for members who are ready to expand their leadership skills outside of club activities. Members of this group have a leadership role in county activities held throughout the year. Twelve teens participated in 2021.

## On the Horizon

Jensen worked with a team to develop the Five for Five physical activity add-on curriculum consisting of mindfulness, cardiovascular endurance, muscular endurance and bone strengthening, muscular strength, and flexibility and balance. Five for Five is designed to be offered in just five minutes time with an overall goal of increasing physical activity for all ages. By using this add-on curriculum within existing Extension programs, participants are provided access to new, fun and achievable types of activity which they can take with them.